



What is Your Face Doing? (🌈 An Emotional Health Story) (Pre-Kindergarten – 4-5 yrs)

This story talks about emotions and how you can share your emotions with others.

- 🌈 You “feel” different things depending on what is going on inside and outside of your body. These “feelings” are emotions.
- 🌈 All animals have some emotions – and people are animals. Animals share these emotions with their faces.
- 🌈 The reason our faces show how we are feeling is so others know how we are feeling. Sometimes that is important for the survival of animals.
- 🌈 Our brain lets us “show” how we feel by automatically making our faces change the way it looks.

♥SLIDE #1 – INTRODUCTION

Good Morning (Afternoon) (or Hello)!

My name is _____ and I (describe who you are and give your relation to neuroscience – ex. you are a Neuroscientist, you study neuroscience, you have a friend that is a neuroscientist or you have recently been learning a lot about neuroscience).

Neuroscience, that’s a really big word! But, a neuroscientist is a person who knows a lot about the brain.

I am here today to talk to you about how you can help to make your brain healthy – which means feeling good. It is REALLY easy and anyone can do it.

I love to talk about Brain Health because it’s SPECTacular!!! SPECTacular means “GREAT”. When your brain is SPECTacular, you are a happy and healthy person.

This story is about Emotional Health – which is the E in SPECTacular. Emotional Health helps your brain stay healthy when you understanding about how you “feel” – your emotions.

There are lots of emotions. Being happy, sad, surprised, disgusted or mad. These are all emotions.

Understanding that we have emotions and how we control our emotions is very important to making our brain healthy.

When you understand your emotions and learn how to control your emotions, that makes your brain healthy.

So, let’s see how you can keep your brain healthy.

♥SLIDE #2 – WHAT IS YOUR FACE DOING?

The title of today’s story is “What is Your Face Doing?”

We have lots of “feelings” inside of us, these are called **emotions**. People have LOTS of emotions, but there are some emotions that show on your face.

Hmmm...why does your face show what emotions that you are feeling?

It is so others will know how you are feeling.

It is a way of telling people what is going on inside you without having to talk. This is really important for both people and animals.

Let's see how our face looks when we are “feeling” different emotions.

♥SLIDE #3 – HAPPY

Let's look at this first person.

Question: How do you think this person is feeling?

Happy...happy is one of our emotions – my favorite!

Question: How did you know that this person is feeling happy? That is right...she is smiling.

Let's think about this...when someone gives you a hug, or a present or a cupcake...how do you **feel**? You feel happy.

And what does your face do when you are happy? You smile!!!

When you see someone, who has a smile on their face – then you can guess that they are feeling happy.

The smile on their face is there so you will know that they are happy.

Something happened that made them happy – usually that is something good. Things like hugs, presents or cupcakes make you feel good and make you happy.

Look at all these faces – they are smiling so you know that they are happy.

Hmmm...

Question: What kind of things make you feel good?

That's right...(list some of their answers) make you feel good AND these things make you happy.

Things that make you feel good make you happy AND your face shows it.

♥SLIDE #4 – HAPPY

Being “**happy**” is one of our emotions. People can be happy...

Question: Do you think animals get happy? Let's see...(Show pictures of animals)

They DO!!! And their faces smile too!!! When animals “feel good” they are happy too!

When dogs play with you or other dogs, or when they get food – they feel good and their faces **look** happy.

Food or being around other animals make animals feel good and make them happy – just like being with your friends or family or eating food when you are hungry makes you feel happy.

♥SLIDE #5 – SAD

Can you guess another emotion?

Question: How do you think this person is feeling?

That's right, another emotion that we feel is being **sad**.

Let's see...

Question: How would you **feel** if you were this little girl?

That's right – most likely you would feel sad.

Question: And what does your face do when you are sad?

Yup, your smile would be upside down – it would be a **frown**. And if you were really sad, you might cry.

Question: How would you **feel** if the other kids were playing and you were all by yourself?

Yup...you might feel sad AND your face would show it, so that others knew you were sad too.

♥SLIDE #6 – SAD

People can be sad, but so can animals. Look at these animals, don't they look sad? They do.

Question: What do you think are some things that make animals sad?

The same kinds of things make people sad can make animals sad...I think this bear is sad because he had just caught a nice yummy fish to eat and then he dropped it.

The kitty and the monkey might be sad because they are all alone. Animals like to play with other animals just like we like to play with other people. When we are all alone all the time, we might get sad.

♥SLIDE #7 – ANGRY – MAD

Ooh...how do you think this girl is feeling? Yup, she looks really angry. She is definitely mad.

These boys look angry because they are fighting over a toy. When people get angry they sometimes don't talk to each other.

Question: Do you ever get angry? What are some of the things that make you mad?

Yup, there are lots of things that can make you angry and your face shows it.

People usually get mad when something happens that they think is wrong. Getting mad usually means that something needs to be fixed.

♥SLIDE #8 – ANGRY – MAD

Animals get angry too. Look at these animals...do you think they look mad?

Usually animals get mad when another animal tries to take something from them – like food.

The animals will use their faces to show the other animals that they are mad and to make them stop doing whatever they were doing that made them mad.

♥SLIDE #9 – DISGUSTED

Here is tough one...what do you think this boy is feeling?

He is most likely saying “YUCK!!!”. He is disgusted. Something has grossed him out.

It is obvious this boy does not like drinking the “green” drink. His face is showing that he is disgusted.

Ooh...I found something that I think is really gross – look at this fish!!! YUCK!!!

We feel disgusted when something is yucky – we should avoid yucky things.

♥SLIDE #10 – DISGUSTED

And...animals get disgusted too! Usually it is when they eat or smell something gross. Their faces look like they want to barf.

♥SLIDE #11 – AFRAID – SCARED

There are 2 more emotions that show up on your face...

Question: What do you think this boy is feeling? That is right...he is afraid of something.

Look at this picture...how does it make you feel?

This clown is not funny looking – he is scary! Things that make you scared make you feel fear. When you are afraid of something your face tells others that there might be something scary and dangerous around.

Loud noises – like thunder and lightning can make some people and animals feel scared or afraid.

Question: What are things that you are afraid of?

It is ok to be afraid of things that could hurt you. Being afraid makes you be more careful so you won't get hurt.

♥SLIDE #12 – AFRAID – SCARED

Animals feel fear and get scared. When they are afraid, they will usually hide.

♥SLIDE #13 – SURPRISE

And...our last emotion is – you guessed it surprised.

Surprises are usually fun and make us happy – like parties with lots of balloons.

We are surprised when something happens that we did not expect.

♥SLIDE #14 – SURPRISE

When animals get surprised – just like people – their eyes open REALLY wide.

♥SLIDE #15 – BRAIN & FACIAL EXPRESSIONS

When you feel different emotions, your face gives others clues about what you are feeling. It does it automatically. And do you know why?

Because your BRAIN tells your face what to do!!! It does this automatically.

It is so important for others to know how you are feeling that your brain tells your mouth to smile when you are happy, frown when you are sad, crunch your face when you are mad, look like you want to barf when you are disgusted, makes your eyes get wide when you are afraid, and make your eyes and mouth open wide when you are surprised.

Your brain makes your face change with different emotions because it is very important to share your emotions with others. Feeling and expressing your emotions makes your brain happy and keeps your brain healthy.

♥SLIDE #16 - CONCLUSION

Thank you all for letting me talk to you about how your face is actually helping your brain by telling with others about what you are feeling inside.

It is like talking – but with your face instead of with your words.

Feeling emotions is a good thing – it helps you learn about the world around you.

I have enjoyed spending time with you today talking about the brain. I hope that you have had some fun and learned something about your brain.

REMEMBER, helping your brain stay healthy is SPECTacular.

THANK YOU SO MUCH FOR ALL OF YOUR HELP!!! Brain Health is not just SPECTacular...it is FUN!!!